

# Daily Acitivities

Time	Activity	Room
<b>MONDAY</b>		
8-11	FREE POOL/TAB. TENNIS	GAME
9-11	PLASTIC CANVAS	CRAFT
8-11 & 1-4	FREE COMPUTER TIME	COMPUTER
12:15	BRIDGE	GAME
12:45	REGULAR WHIST	MULTI PUR.2
1:00	NURSE IS IN	CONF
12:45	MICHIGAN RUMMY	MULTI PUR2
1-3	CERAMICS *	CRAFT
2:45	GENTLE YOGA **	EXERCISE
<b>TUESDAY</b>		
8-11	FREE POOL/TABLE TENNIS	GAME
9:30	ADV. LINE DANCING	MULTI PUR2
10:00	COMPUTER CLASS	COMPUTER
10-11	QUILTING*	CRAFT
1:00	FUN WITH WATERCOLORS*	CRAFT
1:00	CRIBBAGE	GAME
1:00	COMPUTER GREET. CARD	COMPUTER
1-4	POCKETBOOK THERAPY*	CONF.
1:00	SENIOR FITNESS**	EXERCISE
1:30	BINGO	MULTI PUR2
6:30 PM	BEG. T'AI CHI**	EXERCISE
<b>WEDNESDAY</b>		
8-11 & 1-4	FREE COMPUTER TIME	LAB
9-11	PLASTIC CANVAS	CRAFT
9-1:30	MASSAGE THERAPY*	CONF
10:30	SENIOR AEROBICS**	EXERCISE
12-1	1 ON 1 WITH JEFF	PARLOR
1-3	SCRAPBOOKING*	CRAFT
1-3	CRIBBAGE	GAME
1:30	BINGO	MULTI PUR 2
<b>THURSDAY</b>		
10-11:30	BEG. LINE DANCING	MULTI PUR 1
10:00	ACRYLIC PAINTING*	CRAFT
12:15	BRIDGE	GAME
12:30	TOC	MULTI PUR 1
12:45	BID WHIST	MULTI PUR 2
1:00	COMPUTER CLASS	LAB
1:00	SENIOR FITNESS**	EXERCISE
2:00	BACK INTO ACTION**	EXERCISE
1:00	QUILTING*	CRAFT
1-4	POCKETBOOK THERAPY*	CONF
1:00	SCRABBLE	CRAFT
<b>FRIDAY</b>		
8-11 & 1-4	FREE COMPUTER TIME	LAB
9:00	PLASTIC CANVAS	CRAFT
10:30	SENIOR AEROBICS**	EXERCISE
1:00	CERAMICS*	CRAFT
1:00	COMPUTER CLASSES*	COMPUTER
12:45	BID WHIST	MULTI PUR 2
12:45	MICHIGAN RUMMY	MULTI PUR 1
<b>SATURDAY</b>		
12:00	SCAT	GAME
1:00	CRIBBAGE	GAME

## Wm. B. Cashin Senior Activity Center

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

## January 2005 Events

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2	3	4	5	6	7	8 1:00 SPECIAL BINGO
9	10 10:00 TICKETS FOR ALL DAY BINGO	11 10:00 SCPSEP ON VOLUN- TEERING	12 6:30 PM MENTAL HEALTH SUPPORT GROUP***	13 7:00 JUST JAMMIN'	14	15
16	17 MARTIN LUTHER KING DAY CENTER CLOSED	18 11:00 "THE EYES HAVE IT" W / VICTORIA CHAPMAN	19 8:30 ALL DAY BINGO 12:30 COMM. DISEASES IN MANCHESTER	20 9:00 WHS-ALUMNI MTG. *** 1:00 MANAGE OSTEOPOR.	21	22
23	24 10:00 TICKET SALES VAL. PARTY	25	26 6:30 MENTAL HEALTH EDUCATION ***	27	28	29
30	31	<div> * REGISTRATION REQUIRED  ** PRIME TIME ACTIVITY - REGISTRATION REQUIRED CALL 663-6333  *** HOSTED ACTIVITY  ****REG. REQ. CALL KRISTINA 668-0254 </div>				